



# Your Baby's Health at 2 Months

## Milestones

### **Ways your baby is developing between 2 and 4 months of age.**

Lifts head and shoulders up when lying on his tummy.

Smiles when you speak to her.

Makes sounds like the sounds you make to him ("aaaaa," "eeeeee")

Likes toys that make sounds, like rattles and squeaks.

Holds her own hands and feet.

Tries to hold small toys in her hands.

### **You help your baby learn new skills by playing with her.**

## **For Help or More Information**

**Child health and development, immunizations:** Healthy Mothers, Healthy Babies Information and Referral Line, 1-800-322-2588 (voice) or 1-800-833-6388 (TTY Relay)

**Breast feeding when returning to the workplace:** Healthy Mothers, Healthy Babies Information and Referral Line (numbers above)

**For help if you feel upset with your baby:** Family Help Line, 1-800-932-4673.

**If you have questions about your own baby's health:** Talk with your baby's doctor or nurse.

**Parenting Skills or Support:** Family Help line, 1-800-932-HOPE (4673), Family Resources Northwest, 1-888-746-9568, Local Community College Classes

## Health Tips

"Well child" checkups help keep your baby healthy. Try not to miss these visits. If you do, call for another appointment.

Keep your baby's immunization history card in a safe place and bring it to all checkups. If you have questions about immunizations, talk with your baby's doctor or nurse.

Breast milk or formula is all that babies this age need to grow. Young babies rarely need water. Avoid giving juice to your baby at this age. When she is hungry or thirsty, she needs the nutrition in breast milk or formula.

You can continue breast feeding when you return to your workplace. For details on breast feeding and working, call Healthy Mothers, Healthy Babies.

Sometimes your baby will need to eat more often than other times. This means she is growing faster.

Keep your baby away from people who are smoking. Smoke may cause colds and asthma in babies.

Continue putting your baby to sleep on his back to reduce the chance of Sudden Infant Death Syndrome. Make sure other grandparents and other caregivers put him to sleep on his back also.

## Parenting Tips

When you are with your baby, talk to him, sing to him, and look into his eyes. This helps him know you love him. It also helps his brain develop.

## Safety Tips

Preventing burns:

- Check to make sure the bath water is only lukewarm before bathing your baby.
- Avoid drinking hot coffee, tea, or other drinks while holding her.
- Keep her out of the sun. Dress her in a hat with a brim and clothes that cover her arms and legs.

## Guidance to Physicians and Nurse Practitioners for Infancy (2 months)

The following highlight EPSDT screens where practitioners often have questions. They are not comprehensive guidelines.

### Hearing Screen

Screen infants with these risk factors:

- Family history of childhood hearing impairment.
- History of congenital prenatal infection with herpes, syphilis, rubella, cytomegalovirus or toxoplasmosis.
- Malformations involving the head or neck (e.g., dysmorphic and syndrome abnormalities, cleft palate, abnormal pinna).
- Birth weight below 1500 grams.
- Bacterial meningitis.
- Hyperbilirubinemia requiring exchange transfusion.
- Severe prenatal asphyxia exchange transfusion.
- Severe prenatal asphyxia (Apgar scores of 0-3, absence of spontaneous respirations for 10 minutes or hypotonia at 2 hours of age).
- Parents concerned about infant's hearing.

### Developmental Milestones

Always ask about and follow-up on parent concerns about development or behavior. You may use the following screening list, or the Denver II, or the ELMS2 (a language screen).

Yes    No

- |                          |                          |                             |
|--------------------------|--------------------------|-----------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Vocalizes.</u>           |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Smiles responsively.</u> |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Follows to mid line.</u> |
| <input type="checkbox"/> | <input type="checkbox"/> | Responds to sounds.         |

**Instructions for developmental milestones:** At least 90% of infants should achieve the underlined milestones by this age. If you have checked "no" on any two items or on even *one* of the underlined items, refer the infant for a formal developmental assessment.

Notes: Immunization schedules are from the Advisory Committee on Immunization Practice of the U.S. Centers for Disease Control and Prevention. **Parents and providers may call Healthy Mothers, Healthy Babies (1-800-322-2588) with questions or concerns on childhood development.**